WEEKLY WELLNESS TIP

Try water as a remedy

Symptoms including dizziness, lightheadedness, or fatigue aren't always signs of a serious illness. You may just need to drink a glass of water. Those symptoms, plus dry mouth, headache, muscle weakness, and nausea could be due to dehydration.

To stay hydrated, drink at least six, 8-ounce glasses of water daily (more when you're exercising or pregnant), and eat fruits and vegetables high in water content. To keep it easy, fill a pitcher with water every morning, and finish it by day's end.

Severe dehydration is life-threatening, and can lead to an increased heart rate, low blood pressure, and delirium. Staying hydrated is especially important if you've had surgery, since dehydration slows healing, increases constipation, and decreases nutritional intake needed for recovery.

This tip is provided by Group Health Physicians.
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